

# Get into Great Shape in 2010 with

# BOXERCISE

Actress Clair Sweeney swears by it, Davina McCall and Zoe Lucker use it in their fitness DVD's Why's this? Because Boxercise:

- Tones and Shapes your Body
- Increases your Strength and Fitness
- Increases your Energy Levels
- Reduces Stress and Fatigue
- Helps boost Metabolism and Weight Loss
- Is much more Motivating than working out alone!



Mixed Classes



One to One Training

**Book Your place onto a class near you call 01748 832167 / 07834169221 now!**

**Boxercise Class Timetable below, please contact us for 1 to 1 or corporate enquiries:**

**Mondays: 7.30 – 8.30 at the Colburn Village Hall**

**Wednesdays: 7.30 – 8.30 at the Scorton Village Hall**

Classes will begin on Wednesday 27<sup>th</sup> Jan 2010 and this first class will be free to everyone.

[www.dj-personaltraining.co.uk](http://www.dj-personaltraining.co.uk)